

ABSTRACT

A food information management system includes a food database (11) containing food cooking conditions for cooking foods, and nutritive ingredients, energy-producing values and weight of foods, and information storage mediums (20, 20a). Each
5 information storage medium is attached to a food package (21a) containing a processed food (21) and storing food information including food ID information specifying a food. When cooling the processed food (21), the food ID information stored in the food information storage medium (20, 20a) is read by a read means.
10 Food information about a food specified by the food ID information is retrieved from the food database (11), an output means receives the food information, and a display means displays the food information.